Dear University Community

Housekeeping, Grounds and Supporting Services have been working hard to keep the streets, roads, stairs and lobbies clear of ice, snow and water buildup. Because there are so many walking and driving surfaces around the University, it is difficult to ensure that every surface is treated properly at all times.

With the very difficult winter we have been having so far and with the icy, snowy and wet surfaces, it might be worthwhile to review some tips on how to walk on ice, snow and wet surfaces safely.

- Wear boots or overshoes with rubber soles. Avoid walking in shoes that have smooth surfaces, which increase the risk of slipping.

- Walk consciously. Be alert to the possibility that you could quickly slip on an unseen patch of ice, snow or wet surface. Avoid the temptation to run to catch a bus or beat traffic when crossing a street.

- Walk cautiously. Your arms help keep you balanced, so keep hands out of pockets and avoid carrying heavy loads that may cause you to be off balance.

- Walk “small.” Avoid an erect, marching posture. Look to see ahead of you where you step. When you step on icy areas, take short, shuffling steps, curl your toes under and walk as flatfooted as possible.

  - Point your feet out slightly like a penguin. Spreading your feet out slightly while walking on ice increases your center of gravity.

  - Bend slightly and walk flat footed with your center of gravity directly over the feet as much as possible

  - Watch where you are stepping and GO SLOWLY!! This will help your reaction time to changes in traction.

- When walking on steps, always use the hand railings and plant your feet firmly on each step.

- Use special care when entering and exiting vehicles; use the vehicle for support.

- Take short steps or shuffle for stability. It also helps to stop occasionally to break momentum.

- When entering buildings, ice, snow and water on shoes or surfaces can also make for slippery surfaces within buildings. Observe the same precautions as listed above.

We invite each of you to help make the University an accident and injury free workplace. Thank you.

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